

June 2018

# Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



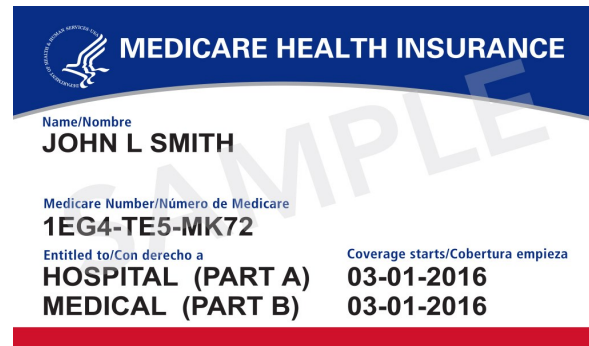
## Senior News in KENTUCKY

### Senior Centers Asked to Decorate a Bourbon Barrel Top

An annual conference for aging professionals will be held this fall, September 30, 2018 – October 3, 2018, in downtown Louisville, KY. This conference includes attendees from Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee and Virginia.

Kentucky is this year's host state and we want to give them the best experience we can offer! The theme is **"Aging to Perfection"** and Senior Centers all across the state have the opportunity to showcase their Center through creating an art piece using barrel tops.

A bourbon barrel top will be provided to interested centers who would then paint and decorate the top to be displayed and auctioned at the conference. **If you are interested in getting your center involved, please let the Senior Center Director know!**



### You're Getting a New Medicare Card!

The new cards will have a new Medicare number instead of the Social Security Numbers. This will help keep your information more secure and help protect your identity. Each person will receive a new card between April 2018 and April 2019. Kentucky residents can expect to receive their cards after June 2018.

Here is how you can get ready:

- Make sure your mailing address is up to date. [Ssa.gov/myaccount](https://ssa.gov/myaccount) or call 1-800-772-1213. TTY users can call 1-800-325-0778
- Beware of anyone who contacts you about your new Medicare card. You should never be asked to give personal or private information to get your new card. **PLEASE BE AWARE! MEDICARE WILL NEVER CALL YOU. They will contact you through mail if they need any information from you.**
- Understand it will take some time for your card to arrive. You and your neighbor may not receive your cards the same time.

## SENIOR GAMES ACROSS KENTUCKY 2018

Senior games is an event dedicated to motivating active adults to lead a healthy lifestyle through the senior games movement. Several district participated in the event. Please view some pictures below:



Shout out to this incredible hero participating in 9-hole golf at Northern KY Senior Games! Roald Strutz is an Air Force Veteran! Bombardier/Navigator, serving in WWII and the Korean War! He will be 94 in August.

References: Centers of Medicare & Medicaid Services

Pennyrile Area Agency on Aging , Northern Kentucky Area Agency on Aging, Green River Area Agency on Aging, KY River Area Agency on Aging.

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